

# 16 Truths That Will Move You From Fear To Faith

Fear is a powerful emotion that can paralyze us and hold us back from achieving our goals and dreams. It can keep us stuck in a cycle of negativity, preventing us from stepping out of our comfort zones and reaching our full potential. However, faith has the power to overcome fear and propel us forward towards a life filled with joy, peace, and fulfillment. In this article, we will explore 16 truths that will help you move from fear to faith.

## 1. You are not alone

Fear often makes us feel isolated and alone. It convinces us that no one understands our struggles or cares about our fears. But the truth is, you are never alone. Whether you believe in a higher power or not, there are always people around you who are willing to support and help you. Reach out to your friends, family, or a support group and share your fears with them. You will be amazed at how many people are willing to lend a listening ear and offer their guidance.

## 2. Embrace the unknown

Fear is often rooted in our fear of the unknown. We are comfortable in our current situations, even if they are not fulfilling, because they are familiar. However, stepping into the unknown is where our growth lies. Embrace the uncertainty and have faith that the universe has a plan for you. Remember, great things never come from comfort zones.



## **YOUR STOP IS HERE!: 16 Truths That Will Move You From Fear To Faith** by Angel M. Atkins(Kindle Edition)



5 out of 5

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### **3. Your past does not define you**

Fear often stems from past failures and disappointments. We let our past experiences shape our beliefs about ourselves and our capabilities.

However, the past does not define your future. Have faith in your ability to learn, grow, and create the life you desire. Each setback is an opportunity for growth, and each failure is a stepping stone towards success.

### **4. Focus on gratitude**

Fear thrives in a negative mindset. It feeds off our worries and self-doubt. To move from fear to faith, practice gratitude. Take a moment each day to reflect on the things you are grateful for. Shift your focus from what could go wrong to what is going right in your life. Gratitude allows us to cultivate a mindset of abundance and trust in the goodness of the world.

### **5. Let go of control**

Fear often arises when we feel like we have lost control over our lives. We obsess over the things we cannot control and allow them to consume us.

To find faith, we must learn to let go of this need for control and trust that everything will unfold as it should. Surrender to the flow of life and believe that there is a higher power guiding you towards your purpose.

## **6. Surround yourself with positivity**

Our environment has a significant impact on our mindset and emotions. If you surround yourself with negativity, fear will become a constant presence in your life. Seek out positive influences, whether it be through uplifting books, inspiring podcasts, or supportive friendships. Surround yourself with people who believe in your dreams and encourage you to push past your fears.

## **7. Face your fears head-on**

One way to move from fear to faith is by facing your fears head-on. Identify the things that scare you the most and take small steps towards overcoming them. Break them down into manageable tasks and gradually expose yourself to them. Each time you conquer a fear, your faith in yourself and your abilities will grow stronger.

## **8. Believe in the power of resilience**

Fear tells us that we are weak and unable to handle the challenges that come our way. However, we are far more resilient than we give ourselves credit for. Have faith in your ability to bounce back from setbacks and overcome obstacles. Remind yourself of the times you have already shown resilience and use them as evidence that you have what it takes to face anything that comes your way.

## **9. Trust the process**

Life is a journey filled with ups and downs. During the challenging times, it can be easy to lose faith and succumb to fear. However, trust the process. Trust that every experience is leading you towards growth and enlightenment. Have faith that the universe has a plan for you, and everything is happening for a reason. With this mindset, fear becomes an opportunity for growth and transformation.

## **10. Take inspired action**

Having faith doesn't mean sitting back and waiting for things to happen. It requires taking inspired action towards your goals and dreams. Break them down into actionable steps and start taking small, consistent actions. Taking action will build momentum and boost your confidence, moving you further away from fear and closer to faith.

## **11. Learn from failure**

Failure is inevitable on the path to success. Instead of fearing failure, embrace it as an opportunity for learning and growth. See each failure as a stepping stone towards success and let it fuel your determination. When you shift your perspective, failure becomes a teacher rather than something to be feared.

## **12. Release the need for approval**

Fear often stems from our desire for approval and acceptance from others. We fear judgment and criticism, which holds us back from authentically expressing ourselves. Let go of the need for external validation and trust in your own worth and abilities. When you release the need for approval, you free yourself to live a life based on your values and desires rather than the expectations of others.

### **13. Practice self-compassion**

Fear can be fueled by our inner critic, constantly telling us that we are not good enough or worthy of success. To move from fear to faith, practice self-compassion. Treat yourself with kindness and understanding. Replace self-criticism with self-love and acceptance. Remember, you are deserving of all the love and success that comes your way.

### **14. Stay present**

Fear often arises when we dwell on past mistakes or worry about the future. To find faith, practice staying present in the moment. Mindfulness techniques such as meditation and deep breathing can help bring you back to the present moment. When you focus on the now, fear loses its power over you, and you can fully embrace the possibilities that lie ahead.

### **15. Celebrate your victories**

As you move from fear to faith, take the time to celebrate your victories, no matter how small they may seem. Acknowledge your progress and give yourself credit for the steps you have taken. Celebrating your victories will boost your confidence and remind you of your ability to overcome any fear or challenge that comes your way.

### **16. Surround yourself with faith-filled reminders**

Incorporate faith-filled reminders into your daily life. Surround yourself with positive affirmations, motivational quotes, or symbols that remind you to have faith. Place them in places where you spend a significant amount of time, such as your bedroom or workspace. Surrounding yourself with these reminders will keep your faith strong, even during challenging times.

Remember, fear can be paralyzing, but faith has the power to move mountains. By embracing these 16 truths and committing to moving from fear to faith, you will unlock your true potential and create a life filled with purpose, joy, and fulfillment. Trust in yourself and in the journey ahead, and watch as your fears dissolve and your faith grows stronger.



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What lies have the enemy told you? What lies have taken root in your life, causing you to live a life of pain, dysfunction, anxiety, and fear? I believe there are too many to count, but I thank God because the lies STOP today!

Today is the day the Lord has made, and we will be glad and rejoice in it (Psalm 118:24). This includes the revelation that God is for you and He has a great plan for your life. God doesn't want you to continue another day believing the lies of the enemy. He sent me to tell you those days of defeat are over.

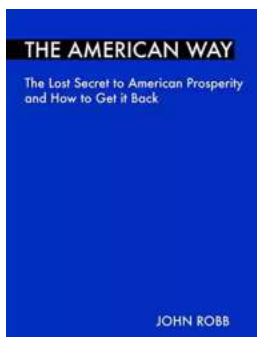
The enemy has lied to you for too long, but the word of God throughout this book will restore everything you lost as you receive these 16 TRUTHS

THAT WILL MOVE YOU FROM FEAR TO FAITH. As you read, you will begin to see and experience God's truth for your life to take root. I believe this book of encouragement will put your heart at peace and give you hope to become motivated to see change in your life. You will have a greater desire to be all God has called you to be while experiencing a renewed mindset. May this encouragement bless you wholeheartedly.

With sincere love, peace, and blessings to you...

XOXO,

Ange



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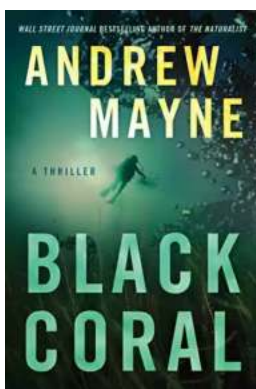
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